


U.S. Department of Health & Human Services • National Institutes of Health



National Heart Lung and Blood Institute
Diseases and Conditions Index

NIH Home NHLBI Home About this Site

Tell us what you think about this site

Search

Enter keywords to search this site.
 (Click here for Search Tips)

DCI Home: [Lung Diseases](#): [Asthma](#): Prevention

Asthma

Can Asthma Be Prevented?

[What Is ...](#)

[Causes](#)

[Who Is At Risk](#)

[Signs &
Symptoms](#)

[Diagnosis](#)

[Treatments](#)

[Prevention](#)

[Living With](#)

[Key Points](#)

[Links](#)

We don't yet know how to prevent asthma, but there are some things that can lower your chances of having an asthma attack.

To prevent asthma symptoms:

- Learn about your asthma and how to control it.
- Use medicines as directed by your doctor to prevent or stop attacks.
- Avoid things that make your asthma worse as much as possible.
- Get regular checkups from your doctor.
- Follow your asthma self-management plan.

Scientists do not yet know how to prevent the inflammation of the airways that leads to asthma. Scientists are exploring some theories:

- Babies exposed to tobacco smoke are more likely to get asthma. If a woman is exposed to tobacco smoke during pregnancy, her baby may also be more likely to get asthma.
- Obesity may be linked to asthma, as well as other health problems.

[Treatments](#) [Prev](#) [Next](#) [Living With](#)

 [Email this Page to a Friend](#)  [Email all Sections to a Friend](#)  [Print all Sections of this Topic](#)



DEPARTMENT OF HEALTH
AND HUMAN SERVICES



NATIONAL INSTITUTES
OF HEALTH



NATIONAL HEART
LUNG AND BLOOD INSTITUTE

[Blood Diseases](#) | [Heart and Blood Vessel Diseases](#) | [Lung Diseases](#) | [Sleep Disorders](#)

[NHLBI Privacy Statement](#) | [NHLBI Accessibility Policy](#)

[NIH Home](#) | [NHLBI Home](#) | [DCI Home](#) | [About DCI](#) | [Search](#)

[About NHLBI](#) | [Contact NHLBI](#)

[Note to users of screen readers and other assistive technologies: please report your problems here.](#)